

SHORTS



Dulwich Runners AC
Weekly Newsletter
August 4th 2021
www.dulwichrunners.org.uk

These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run
Changing rooms, showers & bar all open.
Paces and distances to suit all abilities

Tuesday speed work at Dulwich College track and grass
£2 per session - suitable for all abilities

In your SHORTS this week !

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 4 Club championships 2020/21 events, rules etc
- 5 Race reports and results
- 7 Club kit
- 9 Wednesday night run map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:



Edward Alleyn Clubhouse



With the relaxation on restrictions that came into effect on July 19th the clubhouse is now fully operational - toilets, showers, changing facilities and bar all available for Dulwich Runners to use. Therefore the £1 Wednesday night running

fee that was waived during lockdown has been reintroduced and is to be paid by members and non-members alike each time you run. All payments will be contactless - NO CASH

Dulwich Runners AC renewal 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

Full membership is £30 plus £15 EA registration if required.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

Now that things are gradually getting back to normal we hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed last year.

And if you have been "trying us out" and would like to join or require further details about the club please contact me.
barry@bg1.co.uk

Club Runs & Training Sessions

Wednesday Evening Club Runs

NOTE: £1 club run fee for members and guests which was waived during lockdown whilst clubhouse facilities were unavailable has been reintroduced as the clubhouse changing rooms, showers, toilets and bar are now all open for us to use.

Groups with a leader, catering for different paces leaving the clubhouse carpark at 7pm...

Arrive by 6:50pm to register and organise which group you'll run with....

The usual runs are long 8-9M, medium 6-7M, short around 5M - If you're new at the club, we will place you with others at your preferred pace and distance.

The groups are as follows.

sub 7 min mile pace led by Tom South
thomas_south@hotmail.com

approx 7.30 min mile pace led by Gower Tan
gower.tan@gmail.com

8-9 min mile pace and slower groups led by
Ebe Prill ebepriill@yahoo.co.uk
Mike Mann mcmann90@yahoo.co.uk

Tuesday Evening Speed Training

At Dulwich College track and fields on College Rd. - Two groups, one start at 6 pm and one at 7pm. Grass & track, suitable for all abilities, efforts at 5-10km pace plus some shorter faster ones.

COST IS £2 PER SESSION PAYABLE WHEN YOU ARRIVE - CARD/DEVICE PAYMENTS ONLY, NO CASH

Any queries, contact Mike Mann mcmann90@yahoo.co.uk

Dulwich College have installed a security gate for the entrance to the track and fields. To gain entry the code is **C1478X**

The 6pm and 7pm Tuesday sessions at Dulwich College fields and track will continue until 31 August. For the month of September there will be a 6pm session only at Dulwich College but we are also offering a 7pm hill session, free of charge, starting at the foot of the hill adjacent to Sydenham Hill station on College Road.

The hill sessions will be suitable in particular for those planning to compete in the forthcoming cross country season, but newer less experienced runners may wish to choose the 6pm track/grass session though are welcome to give the hills a try.

Details of track training sessions at Crystal Palace track from the start of October will follow in due course.

Sunday Runs

There are runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Around 10km, but can be longer, pace around 9 mins per mile.

Contact Ola olabalme1@gmail.com

Or if you prefer a later start between 9 and 10am, a longer run from the Dulwich area (10 miles+) pace around 8-9 min. mile - Contact Tom Poynton tpoynton@hotmail.com (suspended until August 29th)

Longer and faster at 9am - likely to be 8am from July for marathon training. Around 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park but check in advance.

Contact Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective run leaders

Saturday Morning Hills

Led and structured hill sessions on Saturday mornings - Suitable for all abilities.

Meet at Mansion House, Beckenham Park 10am - Jog to Sedgemoor Road to start session at 10.15 - Coffee after at Cafe

Contact Eleanor Simmons: eleanorksimmons@yahoo.co.uk

Thursday Training Sessions

Those of you available are welcome to attend Thursday morning sessions at 11.00am

Alternate each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. If interested contact Mike Mann mcmann90@yahoo.co.uk

DULWICH RUNNERS 2021 FIXTURES

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

If you require info about events in Shorts, how to enter etc, contact your respective captains:
Men road: ebepriill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

1500M Evening

17 August

Following the Mark Hayes Mile, we are holding a series of 1500m races at Dulwich track on Tuesday 17 August. This will be 5 laps so no wavy chalk start line on the track this time. If interested contact Mike Mann mcmann90@yahoo.co.uk - Details on timing and number of seeded races to follow.

Thames River Relay

Sunday 5th September

A 5 person relay along the Thames towpath (mainly) from Dorney Lake to Kingston, approx 26.5 miles. Teams consist of at least one female and no more than 3 senior males. Cost is £10 each and all proceeds (minus expenses) go to charity. For full course details how it works etc, see the website: http://www.stragglers.org/river_relay If interested or want any more details, email Ange: angenorris@googlemail.com

NB This clashes with the Paddock Wood Half Marathon which many members have entered as a club champs race.

Cross Country Fixtures

Hopefully a full cross country season to look forward to this autumn/winter, here is some information on fixtures. Men and women Surrey League fixtures to be held on the same dates, but some venues may change. It was not possible to push back the date of the October fixture to accommodate early October marathons such as London, owing to fixture congestion.

2021			
Oct	16	Surrey League 1	Richmond Park
	9	Surrey Masters Champs	Morden Park
	23	SEAA Relays	Wormwood Scrubs
	23	tbc Surrey Masters Champs	Richmond Park
	30	BMAF Relays	Long Eaton
Nov	13	Surrey League 2	Wimbledon Common
	20	SEAA London Champs	Parliament Hill Fields
	27 tbc	South of Thames 5m	Morden Park
Dec	11	SEAA Masters	Horspath, Oxford
	18	South of Thames 7m	Beckenham Place Park
2022			
Jan	8 or 9 tbc	Kent County Champs	tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking
	15	Surrey League 3	Mitcham Common
	29	SEAA South of England Champs	tbc
Feb	19	Surrey League 4	Effingham Common
Mar	6	ECCA National Champs	London

2021 CLUB CHAMPIONSHIP

FINAL UPDATE

These have now been reviewed in the light of current information, and there are a few changes. The approach that has been adopted for this year is to offer maximum flexibility, so where possible series of races taking place either monthly or more regularly have been selected.

The two events completed early in 2020, the Beckenham parkrun and the Big Half will count towards this year's club championships. 7 events have been selected for this year, giving a total of 9.

The rules governing the club champs have been modified for this year, reflecting the more flexible approach. In order to qualify you will need to complete 4 of the 9 events. These should include at least one event from each distance category. The 10k, half marathon and marathon are classified as long, with the remaining events short.

Your fastest result for each race distance counts towards the club champs (so only one race per each distance).

The closing date for all races except the marathon is Sunday 14 November, for the marathon Sunday 5. December.

NOTE: Results of all races chosen should be on Power of 10 in order to count and you need to submit the races you like to count in one email after your last race and by 14 November midnight latest to Ebe Prill ebeprill@yahoo.co.uk (exception only for late marathons up to 5. December)

That allows us to hold the individual medal presentations for each race distance at one social event on a Wednesday night in late November (to be announced). The marathon awards and overall championship trophies will be awarded as before at our Christmas party in December.

Updated information on events below.

- All road 5k races. Entries for the Battersea Park races have been open since late April, but are filling up fast.
- 5 mile race (trail): The second Sunday of the month races have restarted under Covid restrictions with a tight numbers limit, but are expected to revert to more like normal from July. Entries on the day may be available but once open try to enter on line ASAP.
- All 10k road races. Richmond Riverside 10k (17th July) and there are various 10k races in Regents Park organised by Race Organiser (6 June) Run Through (15 June, 13 July) and Nice Work (14 November) also the Mornington Chasers Winter series, to be announced. There is also the Sri Chinmoy Battersea 10k series.
- Any track mile race. The Mark Hayes mile has been held as the club champs mile but any other track mile will count, like the Dave Clarke mile at Wimbledon Park stadium on 28. July
- All road Half Marathons. The Big Half 22 Aug will be a club champs race, and also the popular Paddock Wood HM on 5th September
- All park runs but our main one (and one of the fastest) is Dulwich parkrun. Suggested dates are 18 Sept, 30 Oct and 6 Nov, but avoid weekends when key cross country races, like Surrey League are planned.
- All road Marathons

Provisional programme for this year.

Mile - Tuesday 29th June, Mark Hayes Mile - Dulwich College track -

28th July Dave Clarke mile: <https://data.opentrack.run/en-gb/x/2021/GBR/hercmile/>

5km - Sri Chinmoy Battersea Pk series <https://uk.srichinmoyraces.org/races/london>

5M - Second Sunday of Month 5M trail race, Wimbledon Common any month <http://secondsunday5.com/>

10km - Various 10k races in Regents Park, Richmond Riverside 10k, Sri Chinmoy Battersea 10k (see deadline 14. Nov)

1/2M - Big Half 22 August - Paddock Wood 1/2M 5th September

Marathon - London 4 Oct (or alternative marathon up to incl. Valencia 5th. Dec)

parkrun - Dulwich, suggested dates 18 Sept, 30 Oct, and 6 November

New(ish) to Running Rota for Dulwich Runners

We have set up a rota to support members who are newish to running on our Wednesday club night. We have had lots of new members and some are newish to running, which is different to being new to DR but not that new to running.

It's also an opportunity for all you experienced runners to inspire some newbies.

Runs will be short - around 5-6km, as 8km is really quite a long way for newbies. Runs will be slow, and possibly some walking. You take your lead from the people you are taking out.

The rota is here: https://doodle.com/poll/5mssmfhibg5qr98p?utm_source=poll&utm_medium=link

Add your name on the left and click on the Wednesday you'd like to volunteer. If there are two people down for a particular date, please pick a different date. Ideally you will all spread yourselves out. The rota will have dates at least 3 months out to enable planning. I have agreed to coordinate this rota and it will be reviewed at the end of the summer.

Doodle poll is being used to run the rota. **If anyone has any better running specific ideas, I am all ears.** Get in touch: 07786012933. - Thanks all - Sonja

SOAR vests

I am attempting to find 15 or more club members interested in buying a Soar Running DR Vest, they are £60 each. Currently I have 8 people that expressed an interest via the Whata App group.

All those interested please email me what size you would like.

Once we pass 15 I'll place an order and give out my bank details so people can transfer me £60 kevchadwick@gmail.com

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner.

To find out more - 07506 554004 - www.hernehillsportsmassage.co.uk

Race Reports & Results

Want your race results and reports in SHORTS ? please email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Vanguard Marathon

Eugene Cross writes.... i entered this race late with the thought of mixing up Manchester Marathon training and intended to have some time on feet on the trails. The 9th edition of the Vanguard Way Marathon is an out and back from Lloyd Park, over the Downs and M25 close to Oxted where the turn point is for the route back. It was a small field of about 60 for the full marathon (a half was also taking pace) and quite soon from the start I found myself in an unusual position with a group of 4 quickly apart from the rest of the field.

Naturally race instincts kicked in and the leader and I swapped first and second place a few times until the halfway point where he opened up couple of minutes gap ahead. Encouraged by the other participants that I wasn't too far back, I managed to close the gap by the 19 mile mark after the hilliest sections were done and at the final aid station, I passed the leader for what would be the last time. Although cramps threatened to derail my glory around mile 24, fortunately I had time and was able to walk them off and shuffle to the finish finishing in 3:42:23 and unbelievably finish 4 minutes ahead of second place.

Cue photos and the awards for the winning top 3. All in all I was glad I stumbled upon the race last week for my first podium finish, it certainly was not the Sunday run I envisaged but very pleased the way it turned out!



Battersea Park 5K

2 August

This was the last of the Sri Chinmoy summer series of 5k races, and it was good to see another strong turnout from the club. Best performances in this series and other 5k races on Power of 10 will count towards this year's club championships. On a cool cloudy evening with little wind, it was a perfect night for running and a number of Dulwich Runners achieved PBs or SBs, though in some cases it was their first 5k this year.

This was Fred Bungay's third race of the season at Battersea Park and he continued his trend of improvement. Jon Phillips had a great run, possibly a PB, while Robert Emes also achieved a PB, with Rob Fawn having his fastest run this year. The most notable performance was from Becca Schulleri who shattered her PB by a cool 41secs. Meanwhile Ed Smyth, Yvette Dore, Barrie Nichols and Lindsey Annable all achieved season's bests. This was Tony Tuohy's first race for 18 months

and, not surprisingly he struggled, finding it heavy weather after the initial 1.5k. Having started off alongside Sonja Jutte slightly too fast, I then rather undercooked the race, slipping too readily into my comfort zone. Max Catterall, Alex Bazin, Katie Styles and Ameet Patel were competing in their first 5k this season. **Mike Mann**

Fred Bungay	16.23	PB
Jon Phillips	16.26	PB (tbc)
Robert Emes	16.59	
Rob Fawn	18.10	SB
Tony Tuohy	18.45	
Max Catterall	18.53	
Becca Schulleri	19.03	PB
Alex Bazin	19.51	
Ed Smyth	20.12	SB
Yvette Dore	20.50	SB
Katie Styles	21.21	
Mike Mann	23.45	1st M70
Sonja Jutte	24.15	
Barrie Nichols	24.24	SB
Lindsey Annable	26.13	SB

Vets Ac 5K, Battersea Park,

3 August

The last 5k race of the Vets AC summer series featured a welcome return to racing from Nick Brown and a big season's

best from Graham Laylee. I was heavy legged after my 5k the previous evening but managed to knock 1 sec off my SB. **Mike Mann**

Nick Brown	21.06	2nd M60
Neville Webb	21.33	3rd M65
Graham Laylee	22.57	SB
Mike Mann	23.20	SB 2nd M70
Gary Budinger	25.58	

Bmaf Track & Field Challenge

My 1500m run at this meeting at Lee Valley was a big improvement on my disappointing performance at the inter-Area Challenge 2 weeks earlier, when i suffered from breathing problems and a season's best by 6 secs. It was a solo effort but I'm used to this these days.

Mike Mann 6:22.21

To have your results here ...update your parkrun profile to show you as a member of Dulwich Runners AC. If no longer a member please remove DR as your club.

Ashford

237 Ran
Pos Gen
15 1 Kim Hainsworth 21:20

Beckenham Place

238 Ran
Pos Gen
104 80 Stephen Smythe 26:51
105 18 Claire Steward 26:55

Brockwell Park

206 Ran
Pos Gen
63 51 Graham Laylee 24:31
73 14 Lucy Clapp 25:10

Bromley

499 Ran
Pos Gen
170 140 Colin Frith 25:23

Bushy

24 July
378 Lindsey Annable 25:46

Burgess

376 Ran
Pos Gen
55 8 Michelle Lennon 20:58
261 160 Andy Murray 28:43
262 74 Ros Tabor 28:45

Clapham Common

445 Ran
Pos Gen
11 11 Shane Donlon 18:27

Crystal Palace

215 Ran
Pos Gen
104 17 Hannah Harvest 26:43

Dalby Forest

200 Ran
Pos Gen
28 5 Ola Balme 22:09

Dulwich

304 Ran
Pos Gen
19 16 Martin Belzunce 17:59
22 19 Chris Beardsall 18:09
52 44 James Auger 20:16
59 4 Clare Norris 20:38
158 121 Michael Dodds 25:37
197 38 Clare Wyngard 27:24

Finsbury

327 Ran
Pos Gen
25 24 Tom Shakhli 20:09

Gladstone

169 Ran
Pos Gen
8 8 Des Crinion 19:12

Greenwich

226 Ran
Pos Gen
26 25 Michael Fullilove 22:12

Hilly Fields

207 Ran
Pos Gen
45 5 Emma Ibell 23:12

Lloyd, Croydon

164 Ran
Pos Gen
40 6 Eleanor Simmons 25:18

Melton Mowbray

166 Ran
Pos Gen
46 6 Alison Peel 24:09

Mount Edgumbe

99 Ran
Pos Gen
14 1 Becca Schulleri 23:02

Old Deer Park

140 Ran

Pos Gen
34 29 Barrie John Nicholls 24:39
50 6 Lindsey Annable 25:57

Peckham Rye

167 Ran
Pos Gen
16 16 Cameron Lund 20:28
17 17 Justin Siderfin 20:33
56 45 Gideon Franklin 24:49

Riddlesdown

195 Ran
Pos Gen
68 59 James Wicks 25:24

Seaford Beach

152 Ran
Pos Gen
12 10 Nicholas Brown 20:47

South Norwood

151 Ran
Pos Gen
42 34 Dave West 24:53

Tooting Common

373 Ran
Pos Gen
23 1 Marta Miaskiewicz 20:34

Trelissick

Pos Gen
39 6 Laura Vincent 2nd Cl. 23:39

Whitstable

347 Ran
Pos Gen
251 174 Bob Bell 32:53

Woolacombe Dunes

203 ran
Pos Gen
9 9 Joe Farrington-Douglas 22:16

DULWICH RUNNERS KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available

Traditionally cut either 'racing' style, or slightly longer - Both styles are a bargain £15.



Bufs-snoods - only £6
An ideal face covering!

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East!
It's always on the way!.. be prepared..
get yourself a bobble hat £15



**! Available now!
Women's "Racer Back"
vests - £25**

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies. Just click the link to the Dulwich Runners shop and purchase directly.
<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>
any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof
Team Jacket



Pro Mid Layer
1-4 Zip Top

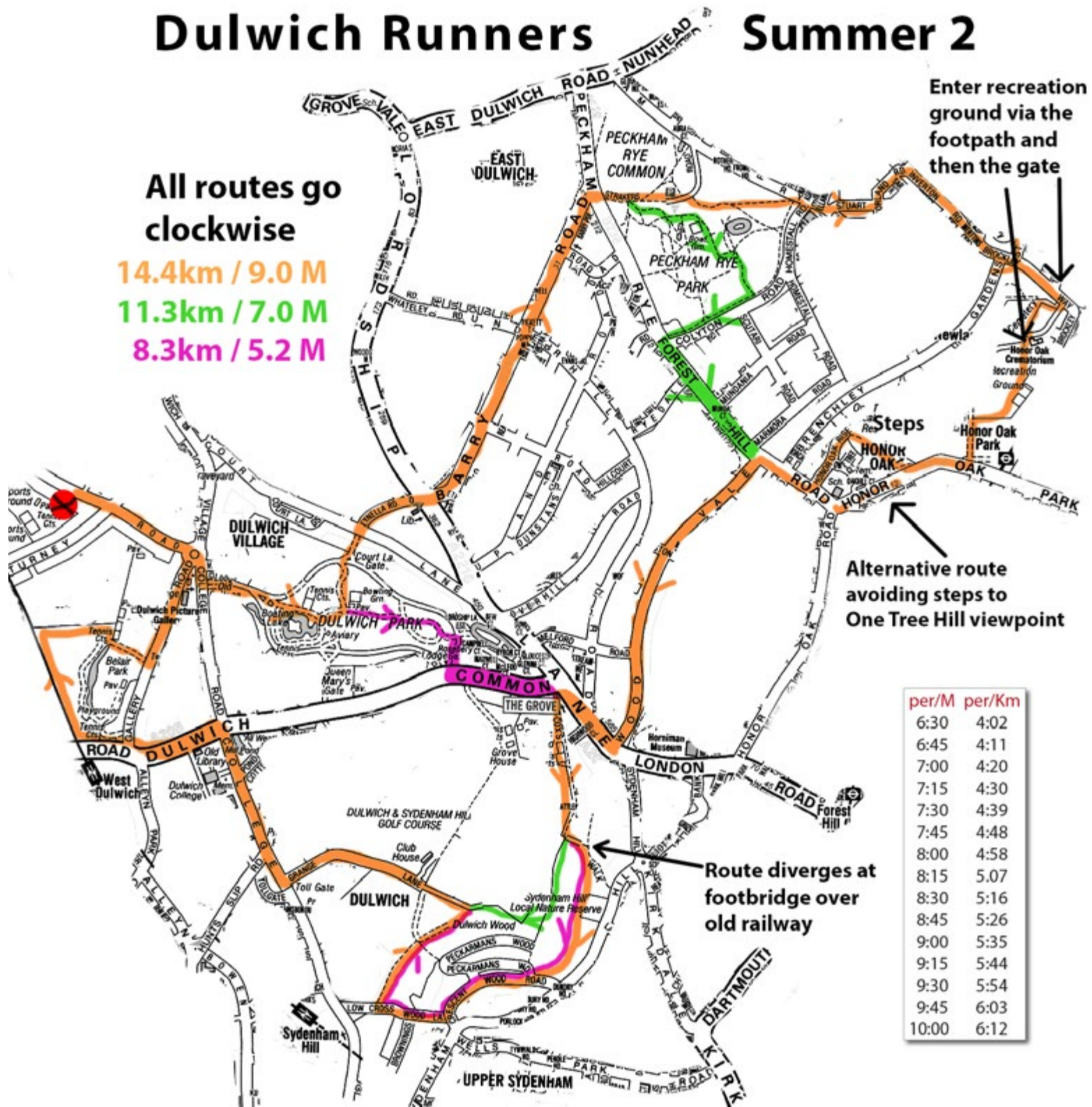
Dulwich Runners Summer 2

All routes go clockwise

14.4km / 9.0 M

11.3km / 7.0 M

8.3km / 5.2 M



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>